



2018

NATURE DAY CAMP

NATURE ADVENTURE

AND

TNT

HANDBOOK



Week-long camps in July and August
9am-3pm

Please be sure to read over the whole handbook carefully with your camper so that you're ready for a fantastic week!

MONDAY MORNING (and only Monday) CHECK-IN PROCEDURES

- 8:45-9:00am** Meet your Environmental Educator, receive important details about camp, sign in, adults can go, campers start having fun!
- 3:00pm** Pick your camper up and sign them out in their den

Nature Daycamp Checklist

It's always fun to be prepared!

Appropriate Clothing © We want campers to be safe and comfortable.

- ☐ Rain Gear ☐ Warm Play Clothes ☐ Extra Set of Clothes ☐ Hat
☐ Comfortable Walking Shoes ☐ Sunscreen ☐ Backpacks (for your camper to carry lunch/water)
(**NO flip-flops!** We don't want any stubbed toes)

Food © Daycampers are very active.

(We do not have any overall restrictions on food that campers can bring. Please check the Den Lists (available the Monday before your child starts camp) to see if your child's den has any restrictions. Please notify us if your child has an allergy so we can make accommodations.)

- ☐ Healthy Lunch, Snack, and Drink (campers do not have access to a refrigerator or microwave)
☐ **A reusable water bottle is HIGHLY RECOMMENDED**
☐ Reusable lunch containers

Beach Day

- ☐ **Closed-toe shoes that can get wet** ☐ Warm clothes ☐ Sunscreen ☐ Hat
☐ Clothes that can get wet (bathing suits are not necessary, we do not swim)
☐ Dry socks, shoes and clothes to change into after the beach, campers must wear shoes, and dry shoes are always nicest.

♥♥♥ Nature Daycamp is a 501c3 non-profit. ♥♥♥

THE RIGHTS WE HAVE AT NATURE DAYCAMP

I have the right to be treated with kindness at camp.

This means no one will laugh at me, tease, or insult me.

I have the right to be myself at camp.

This means no one will treat me unfairly because I am fat or thin, fast or slow, boy or girl.

I have a right to feel safe at camp.

This means no one will threaten me, bully me, push me, or destroy my property.

I have a right to be heard at camp.

This means no one will yell or shout at me and my opinions will be considered in any plans we make.

I have the right to learn about myself at camp.

This means I will be free to express my feelings and opinions without being interrupted or criticized.



The Goals of Discovery Park Nature Daycamp

- 🌿 To provide a positive experience in nature
- 🌿 To foster appreciation and wonder of our natural world
- 🌿 To provide positive adult and teen role models
- 🌿 To provide opportunities for stewardship within the park
- 🌿 To provide a variety of hands-on, interdisciplinary environmental education activities to program participants
- 🌿 To develop a meaningful volunteer experience involving environmental activities and camper supervision for junior naturalists

Camp Details

Where can I find my camper's den assignment?

Your camper's den assignment will be posted at the Discovery Park Environmental Learning Center the Monday before the child's scheduled week. TNT campers operate as one big group.

What can you tell me (the camper) about Nature Daycamp?

Who will be there?

Each week children ages 4 -12 participate in **Discovery Park's Nature Daycamp!** Children are placed into small groups (dens) of 8-10. Each den has the same Environmental Educator for the entire week.

Who will be in charge of my den?

Discovery Park Nature Daycamp's camp counselors/group leaders are called Environmental Educators. We all have CPR and First Aid Training and are Washington State Patrol background checked and have lots of experience working with kids to help foster appreciation and respect of our natural world. Many dens may also have a Junior Naturalist, a kid age 13-16, here to serve as a positive role model and a great helper.

What are we going to talk about and when?

Through nature walks, hands-on exploration, games, stories, songs, crafts, simulation, and imagination, we will have a positive, fun and exciting experience in nature!

What will we (me and my new friends) be doing?

At Nature Daycamp we spend a lot of time outside enjoying nature: rain or shine. ***“If you always have dry feet, you miss half the fun of life”– Thoreau*** We feel very lucky to have such a beautiful place to explore and we want to try and see every inch of it by walking, hiking, running, skipping and crawling a GREAT, GRAND, GOOD amount of the time. Each day the dens visit one of the Park’s four main habitats (Pond, Beach, Meadow, and Forest) to explore and learn about the plants and animals that live there! So grab your boots, walking shoes, rain coat, jacket, imagination and join us for a ton of fun!

What should I wear?

We love to get dirty playing and making crafts at Nature Daycamp so please wear play clothes--like the fun memories we make, our stains may last forever. It’s a good idea to have comfortable shoes (closed-toe shoes are the best) or boots that are good for walking, a jacket, and extra clothes just in case—you will have your own cubby to use for the week and you’re welcome to leave extra clothes there.



Nature Adventure Camp (ages 6-8)

Monday (Forest Day): How to be an Environmental Superhero! Welcome to your first day at Nature Adventure Camp! Today we will be learning about the importance of forests in supporting a clean and healthy planet. Campers will evaluate their own individual impact on the environment and learn how we can all minimize our footprints and better care for our land as we explore Discovery Park’s forest. We have a full day full of hiking so be sure to bring appropriate footwear, water bottle, and a willingness to learn and practice the “Leave No Trace” principles!

Tuesday (Beach Day): Birds at the Beach- All About Habitat! Today we will be exploring the beach- focusing on birds and habitat! Before we leave and on the way to the beach, we will play games to learn about habitat (food, water, shelter) and why it is important for birds. At the beach, we are going to survey birds and what they need for their habitat! We will examine the cliffs, nearby trees and vegetation, and the beach itself for evidence of birds nesting and sources of food. We will get a school bus ride back to camp from the beach and wrap-up the day with a high-flying craft!

Wednesday (Pond Day): Home Makeover- Pond Edition! Get ready to explore the ponds here at Discovery Park and learn about creatures who we call “ecosystem engineers!” We will look from the plants that protect the small insects, to woodpeckers that create holes in trees, to even humans who change the landscape for certain creatures. Throughout the day we will spend time dipping for creatures who call the pond their home, play pond-themed games, and create our own “ecosystem engineer!”

Thursday (Meadow Day): See Me Pretty, Pretty Me “Sparrow Day!” Today we will be learning about the sparrows that call our Meadows home! We will learn some cool facts about several sparrow species and then go on a hike to see if we can spot them. You will get a “bird’s eye view” into the world of sparrows and we’ll even get a chance to make a sparrow craft to remember the day!

Friday (Fun Day): Fantastic Festival and Fabulous Fun! To celebrate the exciting week and the many adventures we had together, we will finish it off with a fun-filled Friday complete with activities to recap the week and even a scavenger hunt to find hidden treasure! Campers will also prepare a delicious “everything pie” composed of the things we discovered this week at camp. To end the day, we will celebrate our accomplishments with a festival of games, face painting, crafts, and more. After our festival, **at 2:30pm, family and friends are invited to join us at the Silly Spot for our closing ceremony** involving songs, den cheers, patches, and “everything pie!”



I ♥ LOVE ♥ CAMP AND WANT TO REMEMBER IT FOREVER!

Please check out our fundraising table as you either drop-off or pick-up your child to find memories that will help your child remember this very special place!

Nature Day Camp Sweatshirts	\$20-30
Previous Camp Year T-shirts	\$5
Previous Camp Year Patches	\$1
Bandanas	\$5

Nature Daycamp is a 501c3 non-profit. Proceeds go to the Nature Daycamp scholarship fund. Your tax deductible donations also help provide scholarships.

Misc. (but important) Info

CONTACT INFO:

Nature Daycamp Office: (206) 386-4273
Visitor Center Front Desk: (206) 386-4236
(The Visitor Center is open Tuesday-Sunday 8:30am-5pm.
They are CLOSED on Mondays.)

Daycamp Director: Trixie.Magsarili@seattle.gov
Assistant Director: Erika.Peterson@seattle.gov

MANDATORY CHECK IN AND OUT PROCEDURE: Campers must be dropped off and picked up inside their assigned dens. A parent or authorized adult must sign in and out their child every day when arriving and leaving. Signatures must be at least your first initial and full last name. Children will be released only to those individuals authorized by legal guardians, please keep your environmental educator updated on changes to your pick-up list. **We are grateful for your patience, your environmental educator meets lots of adults and it is their job to make sure who you are. They may ask you everyday to remind them of who you are- remember this is for your child's safety. Thank you in advance!**

LATE FEE: Nature Daycamp hours are 9am-3pm. Children look forward to seeing their adults after a busy and exciting day, and it is confusing when no one is there to pick them up. Please help us and your child by being on time. A late fee of \$1 per minute will be charged at time of pick-up. If you are in need of Aftercamp, please see the previous section.

REPORTING ABSENCES: The guardian is responsible for notifying Nature Daycamp when a child will not be in attendance for the day or any part of the day. Each camper is important to us and we worry when they are not here on time, please let us know if your camper will be late or unable to attend. **Please call the Nature Daycamp Office at 206-386-4273.**

ILLNESS: Children not well enough to follow the day's routine of hiking and outside play must not attend camp. This includes children with the following symptoms: fever, sore throat, active rash, discharging eyes, nausea, diarrhea, stomach pain, early cold.

CONTAGIOUS DISEASE: Adults must inform the camp director immediately if a child contracts contagious disease or is exposed to one. This includes but is not limited to chicken pox, conjunctivitis, mumps, measles, viral infections, Fifth's disease, and lice. Nature Daycamp will post a notice to alert others. Children being treated with antibiotics for a contagious disease may not return to our facility until s/he had been using the medication for a 24 to 48 hour period and/or the danger of infecting others is over. Incidents of contagious disease are reported to the Public Health Department.

ADMINISTRATION OF MEDICATION:

Prescription Medication- Written parental consent is required to administer any medication. **Please request and complete a Medical Treatment Authorization Form prior to start of your camp week(s). The form needs to be signed by your child's doctor, so don't wait until the last minute!** You can request the forms by contacting Trixie or Erika. All medication must be in its original container and properly labeled with the child's name, date the prescription was filled or the medication's expiration date and legible instructions for administration such as manufacturer's instructions or a prescription label.

Non-prescription medication- The following medication can be given with written parental consent, only at the dose recommended and only for the duration and method of administration recommended on the manufacturer's label:

- Antihistamine
- Non-aspirin fever reducer/pain reliever
- Anti-itching ointment or lotion (specifically for itch relief only)
- Decongestant
- Sunscreen/Sunblock

A physician's written authorization is required for non-prescription medication not listed, medication that is to be used in a way other than specified on the manufacturer's label, or that lacks a label.

Parents must fill out a Medical Treatment Authorization Form and sign it for each medication that is to be dispensed. All unused medication will be returned to parents or disposed of.

EMERGENCY PROCEDURES: In case of a serious illness or injury the following procedures will be followed:

1. Administer immediate first aid/CPR
2. Contact 911
3. Call guardian or emergency contact
4. Transport to nearest hospital (if necessary)
5. File accident/medical report
6. Report to Camp Director/Park Manager



If an emergency arises and you need to contact a child during camp, please call the Visitor's Center at 206-386-4236. Park staff will locate the child for you.

DISCIPLINE: To maintain a safe and cooperative setting, Discovery Park Nature Daycamp has specific policies and limitations that govern our facilities, program staff, and the behavior of each child. Compliance with imposed limits and policies of the facility and program is expected. Should it become necessary to correct or resolve any dangerous or disruptive behavior, Nature Daycamp staff will follow the following steps:

1. **Reasoning:** Communication between the child and staff where problems and solutions are identified
2. **Time out:** Removal from specific activity for a short period of time followed by child/staff conference
3. **Guardian/Child/Staff conference and contract**
4. **Dismissal from program**

Nature Daycamp staff use a positive behavior reinforcement system to promote appropriate behavior. No form of physical discipline is allowed. We hope to minimize the need for disciplinary methods.

Your attendance at Nature Daycamp demonstrates your agreement to these discipline guidelines.

REFUNDS: A participant may be issued a refund for a day camp program, if he/she notifies the city staff at least fourteen (14) days prior to the beginning date of the camp. If you have only paid the \$15 deposit, the deposit is non-refundable and non-transferrable and no refund will be given. If you have paid in full and made a request at least fourteen (14) days prior, you will receive a refund minus \$15 (the non-refundable, non-transferrable deposit). No refunds will be made for requests received within fourteen (14) days prior to the beginning of the camp.

PRO-RATING: We do not pro-rate tuition fees for illness, absences, behavioral suspensions, or unannounced vacations. Children enrolled in Nature Daycamp are reserving time, space, supplies, and staff whether or not the child actually attends.

LOST AND FOUND: We have a “Lost and Found” bin outside of the Red/Orange Dens. If requested, we can also leave items at the Visitor Center front desk. The Visitor Center is open Tuesday-Sunday 8:30am to 5:00pm.

Before and Aftercamp Program

My caregivers need to get to work before my camp starts; can I come to camp early?

The Beforecamp program will be offered Tuesday –Friday 8am -9am. Campers will be entertained and then signed into their dens by the Nature Daycamp Directors. On Mondays we need all caregivers to be present for the caregiver meeting at 8:45 am. Beforecamp fees are \$10/day.

I love camp and want my day to last a little longer, what can I do?

The Aftercamp program is a fun and safe way to extend your day. Campers will have time to relax, do crafts, play games, and hang out and have fun. The Aftercamp program is offered Monday- Friday from 3-5:00 pm and will be held in one of the Nature Daycamp dens. Aftercamp fees are \$20/day and fees must be paid before a child can attend the Aftercamp Program. Campers may be picked up any time **before 5:00pm**. A note will always be left if campers are out exploring during Aftercamp and you can ask the front desk for assistance in finding your child. The Environmental Learning Center hours are 8:30am-5:00pm.

If you are late picking up your child from Aftercamp (after 5pm), we will charge you a late fee. Late fees are as follows: \$1 per minute

You will be required to pay immediately with either check or cash. If you are unable to pay at that time, payment must be received the next day for your camper to attend Daycamp. Please be on time! ☺

DIRECTIONS TO DISCOVERY PARK:

From I-5: Take the 45th St. Exit. Go west on 45th St. Follow the arterial as it zigzags, changes names, and eventually becomes Market St. Continue west until you intersect 15th NW. Turn left on 15th, crossing the Ballard Bridge. Take the first right after the bridge onto W. Emerson. Follow W. Emerson to Gilman. Turn right onto Gilman. Follow this arterial as it turns and changes names until you get to 36th Ave W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

From Downtown: Take Denny Way to Elliot Ave. W. Continue north on Elliot as it turns into 15thW. Take the Dravus St. exit. Turn left onto Dravus and continue until 20th W. Turn right on 20th W. Follow this arterial as it changes names until you get to 36th Ave. W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

Nature Daycamp Staff Bios

Trixie, Director - Hi! My name is Trixie and I am looking forward to my eighth summer as the Nature Day Camp Director! During the non-summer months I still explore, learn, play, and hike in Discovery Park as the Nature Kids Preschool Director and Ant Class Teacher!

I received my degree in Elementary Education with an Earth Science background from Western Washington University. I have been a substitute teacher in various local school districts, but more importantly, I have also spent the past dozen+ years enjoying the outdoors and sharing that passion with kids as a day camp counselor for various parks departments and local YMCA branches. When I'm not enjoying the sunny days at Discovery Park, I'm exploring the big backyard of the beautiful Pacific Northwest! I am looking forward to another adventure-filled summer full of fun, learning and new discoveries!

Erika, Assistant Director - Hi! It's Erika! I'm back for my fourteenth summer at Discovery Park Nature Daycamp. Not only am I Assistant Director, I am also a teacher at Nature Kids Preschool. I am very lucky to spend so much time at Discovery Park. I am super excited to see returning campers and preschoolers as well as meeting the new campers. I received a degree in Elementary Education from Montana State University. Before coming to Nature Daycamp I was a substitute teacher at Nature Kids as well as in Mukilteo and Edmonds Schools. When I'm not at Discovery Park I enjoy gardening, bike riding, hiking, reading and trying to learn Norwegian, but my favorite thing is visiting with my nieces, Kaylee and Jesimae. I am looking forward to sunny days and exploring the park I love.

Joe, Environmental Educator, Yellow Den - My name is Joe Jennings. I am from Ohio, where I received a master's degree from Ohio University in Environmental Studies. My Bachelor's degree from Slippery Rock University was in Environmental Education. A few years ago, I briefly lived in the Seattle area and loved exploring Discovery Park.

I have worked for various state parks as a seasonal naturalist in New York, North Dakota and Ohio. I have also been an educator for the National Audubon Society. In my free time, I enjoy birding, nature photography, camping and disc golf.

Krista, Environmental Educator, Green Den - My name is Krista. I grew up in Washington state, but recently moved to Seattle in the past year. I graduated with my B.S. in Wildlife Ecology from Washington State University and since then have been working around in the Pacific Northwest. I have previous experience working environmental education in Moscow, Idaho and spent last year interning with Point Defiance Zoo & Aquarium in Tacoma working with the marine mammals and birds. Wildlife and conservation are my focus, but I love being part of a larger community that the city of Seattle offers.

When I'm not working, I am getting out and discovering all the other parks Seattle has to offer, along with trying all the delicious food around the city. I am excited to learn more about Discovery Park while working as an environmental educator and enjoying all Washington has to offer.

McKenzie, Environmental Educator, Blue Den - My name is McKenzie Boyle. I am currently working towards completing my Bachelor's in Liberal Arts and Sciences with a focus on Environmental Justice at Quest University Canada. I have experience with forestry and conservation work with Washington Trails Association. I also lead outdoor recreation backcountry trips for university age students in Squamish, B.C. In my free time I love to backpack, read, ride my road bike, and hammock. I am looking forward to camp this summer!

Tiffany, Environmental Educator, Purple Den - Hi, I'm Tiffany. I grew up in NYC. I always was drawn to the natural world. Getting outdoors was limited so I would spend hours watching nature programs with the hopes I would be that person on the field studying wildlife. My dream came true once I started birding in my senior year in college. Central Park became my solace and my classroom. I wanted to share my love of urban birding with everyone, especially those who may not have access to expensive tours. I wanted to bring the fun and quality of remote tours to the big city. I soon after moved to Seattle, Washington for my Masters at Islandwood and Antioch in urban environmental education. I received my masters and currently work for a nonprofit and the city teaching science and sharing my love of nature with youth and adults.

Austin, Environmental Educator, TNT - I'm Austin Aumell and I'm about to graduate in Environmental Education from Western Washington University! I grew up in Sammamish, Washington originally and this is my second summer living in Seattle! Last year, I would watch the sunset at Discovery Park whenever I had the chance.

I got interested in Environmental Education through my college's program called "Spring Block." We explored, learned, and taught each other & different age groups of youth in unique ecosystems around the Pacific Northwest! We worked in places such as Sucia Island, Stehekin, & Vancouver, BC during this experience! I'm looking forward to continuing my found passion of educating others about cultural & natural history this summer! For fun, I'm really into soccer, photography, yoga, and making music!

Logan, Environmental Educator, TNT - My name is Logan Brauer, I'm currently attending school at the University of Montana for a degree in Ecological Science and Restoration. I'm also a research assistant for an ornithology laboratory during the school year.

I enjoy mountain biking, tennis, running, kayaking, and painting. I was born and raised in a small town in Iowa, and first learned to appreciate nature there. I can't wait to use my knowledge of nature to educate and to spread the appreciation of everything wild!